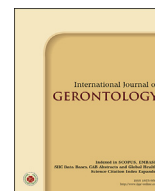


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## Editorial

## Editorial Comment on “Therapeutic Dancing for Parkinson's Disease”<sup>☆</sup>



Parkinson disease (PD) is a common neurodegenerative disease in older adults. Recent evidence suggests that physical activity and rehabilitation exercises may have the potential to alleviate clinical symptoms such as tremor, balance instability, gait dysfunction, and rigidity<sup>1,2</sup>. Dancing is a complex motor skill involving elements such as postural stability, weight shifting, interlimb coordination, single leg stance activities, and trunk rotation, which have been the focus of some rehabilitation exercises. However, rehabilitation exercises are not always perceived to be interesting and enjoyable over the long term<sup>3</sup>.

Therapeutic dancing has been proposed for people with PD with the goal of optimizing physical activity while at the same time being enjoyable, and enhancing quality of life, social inclusion, and well-being.

In an effort to further elucidate the benefit of therapeutic dance for individuals with PD, Aguiar and Morris<sup>4</sup> reviewed current evidence regarding the effect of therapeutic dancing on patients with PD. Examining 19 recent studies from 1982 to 2015, the authors reported that therapeutic dancing had shown benefits not only for body function, motor performance, mobility, balance function, and disease severity, but also for quality of life and social function. The authors also noted that therapeutic dancing was feasible, safe, and enjoyable, and had a greater adherence, compliance, and enjoyment compared with traditional rehabilitation exercises. However, there are only a few lines of evidence regarding the optimal level in terms of frequency, intensity, time/duration, and types of therapeutic dance. Authors should be encouraged to elucidate the optimal frequency and intensity of therapeutic dance. Furthermore, more studies should be well

designed and determine the long-term effects of therapeutic dance, which dose and type of dance is most effective, and how therapeutic dance compares with other forms of rehabilitation exercise.

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